Chill-out factor

Need to get far from the madding crowd? Let your hair down in a vintage Studebaker in Havana, or Metro's four other places to beat the stress PAGE 11

JUSTIN TIME

JUSTIN TRUDEAU LAUNCHES HIS CAMPAIGN FOR THE FEDERAL LIBERAL LEADERSHIP BEFORE AN EBULLIENT CROWD IN MONTREAL PAGE 3

REGIONAL metro®

Wednesday, October 3, 2012

News worth sharing.

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Sask. clothing company wins big on Dragons' Den

Ten Tree Apparel. Young entrepreneurs will sell 20% of their firm for $100,000

JEFF MACKEY
jeff.mackey@metronews.ca

Saskatchewan's own Ten Tree Apparel has been expanding rapidly into clothing stores across Canada and in the U.S., but Wednesday the fledgling company will get its biggest boost yet — mainstream, national exposure on Dragons' Den.

"We are going to sell 20 per cent of the company for $100,000," said David Luba, 23, a founder of Ten Tree. "We have a very simple business model so we prepared around that and executed with precision and things turned out pretty well."

Dragons' Den is a CBC show that offers entrepreneurs a chance to attract investment from business savvy hosts. Ten Tree's episode was filmed in April and founders Luba and Kalen Emsley, also 23, had to keep the results a secret until now.

"It's been hard not telling people, but it also sort of added to the anticipation," said Emsley. "I'm excited and nervous, I've seen how they cut it up to make people look dumb, so we are taking bets to see who it'll be."

The clothing company, which plants 10 trees for every piece of clothing sold, was founded nearly a year ago in Regina, and their brand can already be found in clothing stores from coast to coast.

"We have moved into 90 stores now and we want to keep pushing that," said Luba. "In total we have planted about 105,000 trees and we hope to get to a million some day."

Ten Tree will host a party for their Dragons' Den appearance on Wednesday night at The Owl. At the party, they'll also premiere a video called Inspire which they created with the Canadian Wildlife Federation.

Planting program

Changing the world 10 trees at a time

Ten Tree has helped plant 105,000 new trees in Canada and abroad — including some at a plantation near Edenwold, Sask.

"The trees that we plant provide soil restoration and have a good carbon impact," said Ten Tree co-founder Kalen Emsley. "One tree over a 20 year life can actually take in about one tonne of carbon. So that's quite a significant impact, and if you're planting 10 trees, over 20 years you are taking 10 tonnes of carbon out of the air."

Kalen Emsley, left, and David Luba founded Ten Tree Apparel less than a year ago, but the environmentally-conscious clothing brand can already be found across Canada and in some U.S. stores. Ten Tree will appear on Dragons' Den Wednesday night. JEFF MACKEY/METRO

E. coli strikes Saskatchewan

The province is investigating whether contaminated beef led to a spike in E. coli cases PAGE 2

Liam Neeson, action man

The Irish movie star's career takes another turn with the release of Taken 2 PAGE 9

Carmakers get cute

Our slightly bewildered Drive columnist considers the trend in adorable autos PAGE 18

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NEWS 1

Sask. checking spike in E. coli cases for links to beef recall

13 reported cases. 'Laboratory results expected within the next few days,' according to a government release

Saskatchewan is reporting a spike in E. coli cases but is waiting for lab tests before linking them to the massive beef recall from an Alberta plant.

The Ministry of Health announced Tuesday that there were 13 reported cases of E. coli infection in the province last month.

The usual number for September is between zero and four.

"Public health authorities are investigating these cases and conducting tests to determine whether they are linked to the recall," reads a government release. "Laboratory results are expected within the next few days."

Health officials were reminding consumers to cook beef thoroughly and to wash their hands when preparing food.

The warning comes after yet another recall of beef products from Alberta's XL Foods.

The Canadian Food Inspection Agency said in a health hazard alert released overnight that dozens of additional products, including roasts and sausages, have been added to a long list of recalled beef.

The agency announced the expanded recall as it continues to investigate the Brooks, Alta., meat-packing plant, which had its licence temporarily suspended last week.

THE CANADIAN PRESS

Red-flagged

The new additions are products sold in Ontario by The Kitchen Table, Zehrs, Your Independent Grocer and Valu-Mart, in Quebec by Entrepot de Viandes stores, by Brooks Meat Packers in Alberta, and Co-op, ValuFoods and Village Mart in the Atlantic provinces and Quebec.

- The entire list can be found on the website of the food inspection agency (at www.inspection.gc.ca).

Cattle in a pasture beside XL Foods' Lakeside Packers plant at Brooks, Alta., on Monday. The Canadian Food Inspection Agency said in an updated alert released overnight Monday that dozens of additional products, including roasts and sausages, have been added to a long list of recalled beef. LARRY MACDOUGAL/THE CANADIAN PRESS

Suzuki cautions resource-rich Sask.

Author and TV host David Suzuki, left, and best-selling author Jeff Rubin pose for a photo at Saskatoon's Broadway Theatre. The two were in town for their Eco Tour, which examines how a sustainable future may lie at the intersection of ecology and economy. MORGAN MODJESKI/METRO

One of Canada's most iconic environmentalists was in Saskatoon on Tuesday evening and he had a message for the people of Saskatchewan.

David Suzuki, author, TV host and one of the country's leading environmental advocates said the people of Saskatchewan need to be careful about how they utilize their natural resource-rich province.

"Anything we do — and it doesn't matter if you're in India, China or Saskatchewan — we've got to think much more critically about what we're doing," said Suzuki.

Here with best-selling author Jeff Rubin for their Eco Tour, which examines how a sustainable future may lie at the crossroads of ecology and economy, Suzuki explained Saskatchewan could become one of Canada's pioneers of both solar and wind energy.

Toxic consequences

"We are now in a crisis of human activity, simply taking too much of the natural world for us and we're spewing out our toxic consequences, our waste and our toxic chemicals."

David Suzuki

"You've got a big thing that we don't have in other parts of Canada, like Southern Ontario, and that is you've got lots of space where there is very small population," he said. "There are a lot of people now who say the big wind farms are ugly and there's objection to that, but if you look at Pincher Creek, for example, in Alberta, where you've got a low population — it's a real opportunity."

Suzuki and Rubin were at the Broadway Theatre in Saskatoon last night. Their next stop on the Eco Tour is in Edmonton on Oct. 3.

MORGAN MODJESKI/METRO IN SASKATOON

Mobile news

Qriket

Man vs. bear? Scan the code to see how one woman's NIMBYism evolves into yelling at bears.

Vehicle registration

SGI says goodbye to stickers

The old practice of popping into SGI to get a new sticker for your licence plate will come to an end Nov. 1.

The Crown-owned insurance firm says it will save $100,000 a year by eliminating the stickers.

The minister responsible for SGI, Donna Harpauer, says police no longer rely on licence plate stickers to validate vehicle registrations.

The money saved is supposed to be redirected to help fund traffic safety enforcement technology such as Automatic Licence Plate Recognition equipment.

The machine is a set of cameras mounted around a police cruiser that scans surrounding licence plates.

THE CANADIAN PRESS

Cenovus Energy Inc.

Oilsands Quest sells remaining assets for $10M

Cenovus Energy Inc. said Tuesday a deal to buy the remaining assets of Oilsands Quest for $10 million has been approved by the Alberta Court of Queen's Bench.

The deal includes three oilsands leases, covering approximately 59,000 hectares in Alberta and Saskatchewan that are adjacent to Cenovus's Telephone Lake oilsands project in northern Alberta. The acquisition also includes a 34,000-hectare oil shale lease in east-central Saskatchewan.

Cenovus has filed a joint regulatory application and environmental impact assessment for a 90,000-barrel-per-day project at Telephone Lake. THE CANADIAN PRESS

First drafts

Wascana Centre to hold open houses

The public will have its first chance to see the first drafts of a long-range plan for Wascana Centre. More than 3,200 citizens have submitted ideas for the Wascana Centre. Open houses will be held at Wascana Place Wednesday and Thursday from 6:30-8:30 p.m. METRO

That 'secret' is out: Justin is running

A new Trudeau era?
'Rock star' candidate tells crowd he's determined to build 'a better life, a better Canada'

A kiss to build a dream on? Justin Trudeau and wife Sophie Grégoire after he announced his Liberal leadership bid Tuesday night.
PAUL CHIASSON/THE CANADIAN PRESS

Justin Trudeau is off and running.

He revealed the worst-kept secret in Canadian politics on Tuesday — he's in the federal Liberal leadership race.

"I am running because I believe this country wants and needs new leadership," he told a Montreal crowd.

But he faces a double-edged challenge:

He's determined to breathe new life into a party he said has lost touch with middle-class Canadians.

Even harder, he must confront those critics who say he's just a pretty face with a famous last name.

Trudeau told a crowd peppered with Liberal luminaries that he has a vision for Canada's future "grounded not in the politics of envy or mistrust."

That vision, he declared, "understands, despite all the blessings beneath our feet, that our greatest strength is above ground, in our people.

"All Canadians, pulling together, determined to build a better life, a better Canada."

But as the middle class in China, India, South Korea and Brazil enjoys increasing prosperity, Canadians are experiencing the opposite, he said — stalled income levels, escalating costs and debt.

"What's the response from the NDP? To sow regional resentment and blame the successful.

"The Conservative answer? Privilege one sector over others and promise that wealth will trickle down, eventually."

Both are "tidy ideological answers," he said. "The only thing they have in common is that they are both, equally, wrong."

On Wednesday, Trudeau embarks on a cross-Canada tour designed to prove he's more than just his famous father's telegenic offspring.

THE CANADIAN PRESS

Women disappointed

Court's new man is a gender jolt

Justice Richard Wagner of the Quebec Court of Appeal was lauded Tuesday as a worthy addition to the Supreme Court of Canada, with one reservation in some quarters — he's not a woman.

Wagner's appointment Tuesday reduced to three the number of women on the nine-member court.

NDP justice critic Francoise Boivin was disappointed a woman was not tapped. And Queen's University law professor Kathleen Lahey said: "This is the 21st century."

THE CANADIAN PRESS

Meter misery. No breaks for drivers ... and no brakes on parking costs

Gas prices aren't the only thing putting a squeeze on drivers' finances.

A new survey suggests Canadian drivers are pumping more cash into parking meters this year as parking rates continue to climb in major cities.

The Colliers International annual parking survey says the average median rate for a monthly unreserved spot is now $241.72 per month, up from $235.33 in 2011.

Calgary is Canada's most expensive city to park in for the second year in a row, with the average parking rate rising two per cent to $456.75.

That rate is second in North America only to parking in New York City.

Montreal, Toronto and Edmonton are also in the Top 10 most expensive cities for parking in North America.

THE CANADIAN PRESS

By the numbers

2.7%

How much the average median rate for a monthly unreserved parking spot grew over the past year.

Hormonal Breakouts?
Not Just a Teenage Problem!

Hormonal breakouts, such as acne that is marked by pimples, whiteheads, blackheads and cysts affect many teenagers today. But teenagers are not the only ones; acne can strike adults too - more than half of all adult women and about a quarter of adult men.

As the largest organ in the body, the skin is one of the best indicators of how healthy we are on the inside. Acne can have many underlying causes including: poor digestion and dietary intake (vitamin and mineral deficiencies), food allergies, hormonal imbalances, and stress.

Many women will typically see hormonal breakouts during their menstrual cycle due to hormonal fluctuations. Estrogen dominance due to hormone replacement therapy, the birth control pill, xenoestrogens from the environment (BPA, phthalates, parabens) or a sluggish liver can also contribute to hormonal breakouts.

EstroSense is a unique natural formula that helps maintain healthy hormone balance by supporting the liver and in turn, healthy skin. It combines key ingredients such as calcium-d-glucarate, indole-3-carbinol, sulforaphane, milk thistle and DIM for promoting liver detoxification of "bad" estrogens and excretion of harmful xenoestrogens. EstroSense also provides Tumeric, Lycopene, Rosemary and Green tea for powerful antioxidant support.

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Farmer eaten by his hogs

Mysterious death.
Only dentures and body pieces found as authorities investigate several possible scenarios

This June photo shows hogs at a farm in Buckhart, Ill. An Oregon farmer was eaten by his swine, investigators say. M. SPENCER GREEN/THE ASSOCIATED PRESS FILE

Authorities are investigating how a U.S. farmer was eaten by his hogs.

Terry Vance Garner, 69, never returned after he set out to feed his animals last Wednesday on his Oregon farm, the Coos County district attorney said Monday.

A family member found Garner's dentures and pieces of his body in the hog enclosure several hours later, but most of his remains had been consumed, District Attorney Paul Frasier said. Several of the hogs weighed 700 pounds or more.

It's possible Garner had a medical emergency, such as a heart attack, or was knocked over by the animals, then killed and eaten, Frasier said, adding that at least one hog had previously bitten Garner.

The possibility of foul play is being investigated as well.

"For all we know, it was a horrific accident, but it's so doggone weird that we have to look at all possibilities," Frasier told The Register-Guard newspaper.

A pathologist was unable to identify a cause or manner of death, the newspaper reported. The remains will be examined by a forensic anthropologist at the University of Oregon.

Terry Garner was "a good-hearted guy" who cared for several huge adult sows and a boar named Teddy, said his brother, Michael Garner, 75, of Myrtle Point.

"Those animals were his life," Michael Garner said. "He had all kinds of birds and turkeys that ran all over the place. Everybody knew him."

Domestic hogs are not typically known to be as aggressive as their feral cousins, but "there is some degree of danger associated with any animal," John Killefer, who heads the Animal and Rangeland Sciences Department at Oregon State University in Corvallis, told the newspaper.

THE ASSOCIATED PRESS

Dog days

Dog survives ride in sweltering heat

A dog has survived a 177-kilometre ride on the hot engine of a truck during a California heat wave. When Jaime Magalna, 52, noticed fur above his left front tire, he opened the hood to find a 25-pound dog atop the engine. The hunt is on for the dog's owner.

THE ASSOCIATED PRESS

Frostbitten

Veteran seeks $10M after penis amputation

A U.S. Army veteran is seeking $10 million from the federal government, saying a nurse repeatedly put ice packs on his penis after surgery, causing frostbite and gangrene, and ultimately leading to the organ's partial amputation.

Michael D. Nash sued the federal government in U.S. District Court in Kentucky on Tuesday for what he calls medical malpractice.

THE ASSOCIATED PRESS

Dog trapped under car survives a 17-km ruff ride

Animal welfare authorities in Rhode Island say a dog survived a 17-kilometre ride — at speeds of up to 80 kilometres per hour — after it was hit by a car and became wedged under its front grill. East Providence Animal Control supervisor William Muggle says the dog ran in front of the car in Massachusetts on Sept. 20. The driver slammed on the brakes, but didn't see the dog and continued driving. Muggle tells the Taunton Daily Gazette that another motorist finally pointed out the dog.

EAST PROVIDENCE ANIMAL CONTROL CENTER/THE ASSOCIATED PRESS

iPhone 5. Samsung adds new model to patent fight

South Korea's Samsung Electronics Co. says it has filed a motion with a U.S. court to add Apple's iPhone 5 to their ongoing patent battle.

Samsung says it filed the motion Monday with the California court, alleging that Apple's new phone infringes on eight of its patents.

The two companies are locked in a struggle for supremacy in the global smartphone market, leading to legal cases in courts across the globe. Samsung released a statement Tuesday saying, "We have always preferred to compete in the marketplace with our innovative products, rather than in courtrooms. However, Apple continues to take aggressive legal measures that will limit market competition."

It said it had "little choice but to take the steps necessary to protect our innovations and intellectual property rights." THE ASSOCIATED PRESS

Most valuable brands

BlackBerry sinks to No. 93 in global brand ranking

The BlackBerry brand that once dominated the smartphone landscape has plummeted nearly to the bottom of the latest ranking of global brands by an international consultancy. Interbrand said that Research In Motion's BlackBerry is now 93rd on its list of 100 most valuable global brands, down from 56th in 2011. THE CANADIAN PRESS

Market Minute

DOLLAR 101.60¢ (-0.16¢)

TSX 12,391.23 (+21.04)

OIL $91.89 US (-$0.59)

GOLD $1,775.60 US (-$7.70)

Natural gas: $3.52 (+0.04¢)
Dow Jones: 13,482.36 (-32.75)

Fish-tracking website looks to expand beyond Canada

Sustainability. Tracing service lets consumers find out who caught their dinner and how

An employee holds fish tags at Ecotrust Canada in downtown Vancouver on Friday. A Canadian website that allows consumers to trace the fish they buy back to the people who caught them is preparing for a larger, global presence. JONATHAN HAYWARD/THE CANADIAN PRESS

Developers of a small Canadian website that has allowed consumers to trace hundreds of thousands of fish back to those who caught them are gearing up for a global presence.

Ecotrust Canada is in talks with East Coast mussel farmers and West Coast Dungeness crab fishermen to add their products to the online traceability program offered by thisfish.info, says Tasha Sutcliffe, vice-president of the non-profit organization and director of its fisheries program.

Sutcliffe said her organization has also met with interested non-governmental organizations, fishermen and restaurants in Australia and has received inquiries from Portugal, Costa Rica and the U.S.

Already, the website, which launched in 2010, allows consumers to trace 16 different fisheries back to hundreds of Canadian fishermen employed on both coasts, she says.

"With the seafood industry, you know, some people care very much about the sustainability of their catch," she said. "They want to know that it's caught from a sustainable fishery, how it's caught, perhaps even if they're interested enough ... in the stock status."

The program requires the participation of every agency in the distribution chain, from the fishermen to the consumer. Fishermen assign a code to their catch and upload that information to the website, including details about where, when and how the fish were caught.

The code then follows the fish as they move through the processing and distribution chain. To learn about their fish, consumers just enter the code into the website. So far, consumers have traced more than 362,500 fish. THE CANADIAN PRESS

Quoted

"There's more and more requirements by consumers to know exactly where their fish comes from ... They really want to know what kind of fishery it is."

Dan Edwards, a commercial fisherman from Ucluelet, B.C., who has been involved in the Thisfish program since 2007

Facebook redesigns help centre

This image provided by Facebook shows the social media network's revamped help centre, which is designed to be easier to navigate. Though it's only fully accessible on Facebook's website, the new help centre is intended to look and feel more like a mobile app, says Terry Guo, product manager at the Menlo Park, Calif.-based company. FACEBOOK/THE ASSOCIATED PRESS

Improper accounting was due to error, Nortel trial hears

Lawyers for three former high-ranking Nortel executives argued Tuesday that improper accounting practices at the former technology giant were made in error, not intentional manipulations as the Crown suggests.

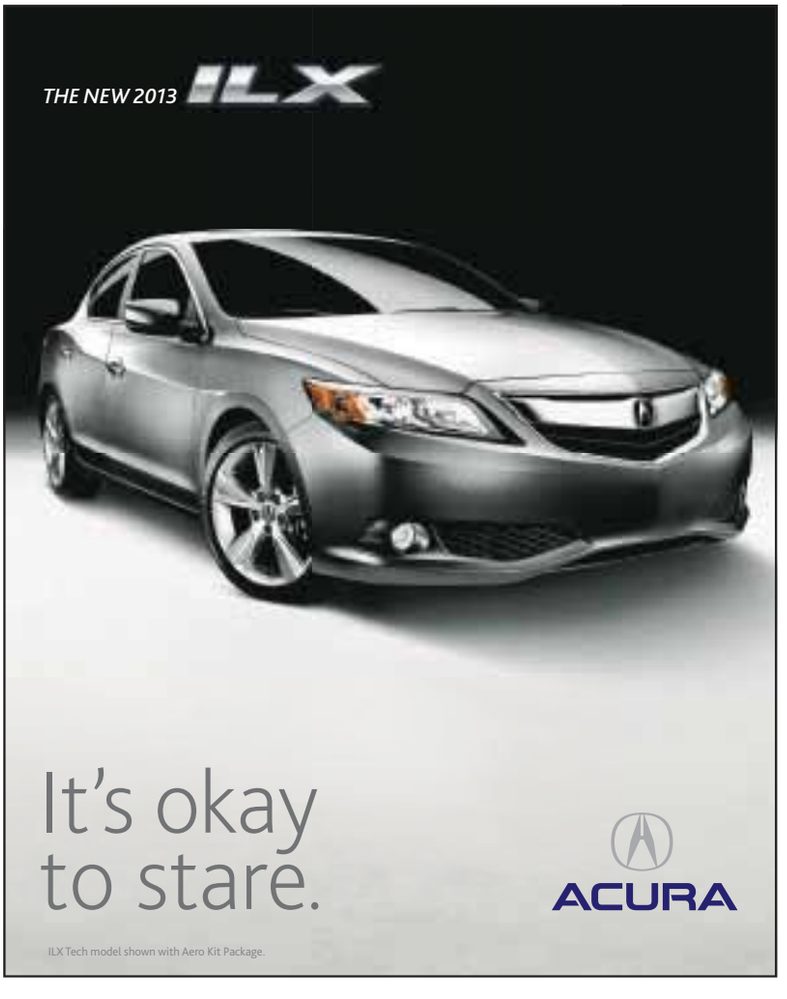
David Porter, who represents Nortel's ex-CEO Frank Dunn, told a Toronto courtroom there were no "dishonest acts" by his client or the other two accused, ex-CFO Douglas Beatty and ex-controller Michael Gollogly.

All three men face two counts each of fraud for allegedly falsifying the company's financial statements in 2002 and 2003 to trigger millions of dollars in bonuses for themselves.

Porter told the long-running fraud trial that the accounting decisions at Nortel during the time in question were done honestly and made with the information available at the time.

He argued that the accused were "transparent" and Dunn repeatedly told the accountants that "integrity was the underpinning of everything we do."

The Crown has argued that the accused knew that accruals were being moved around to show a return to profitability when in fact the company was struggling financially so they could receive $12.8-million in cash and stock bonus payments. THE CANADIAN PRESS



HAIL STORM JUSTIN TRUDEAU? WIND CHILL GARY BETTMAN?

JUST SAYIN'
Paul Sullivan
metronews.ca

Winter is coming.

And that's not just the tag line for Season 3 of Game of Thrones.

It's really coming, in a meteorological, as well as mythological sense.

Only now, winter will never be the same. In the U.S., The Weather Channel (TWC) has unilaterally declared it will start naming winter storms the way the National Hurricane Center names tropical storms.

What's in a storm name?

Instead of alternating male names with female names, TWC will name winter storms after mythological figures, starting with Athena, Brutus and Caesar. Too bad it's alphabetical, because if Brutus could follow Caesar, weather nerds could amuse themselves by arching their eyebrows and declaring "Et tu, Brute" ad nauseam. (Excuse the Latin blizzard).

"... I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons."

This is a real marketing breakthrough for The Weather Channel, which in a single stroke has branded winter as a TWC event. As it has a 76 per cent share of the weather nerd market, everyone else will have to follow TWC's lead, which is annoying competitor Accuweather. "We are concerned," Accuweather commented, "about the lack of strict criteria with naming winter storms." They are not amused.

Well, I guess. They just lost winter. But if I were Accuweather, I wouldn't waste any more time being a sore loser and get right on spring and fall. Think of the possibilities: Ice Jam Snoop Lion, Windstorm Rex Murphy, First Frost (Name of local Homecoming Queen goes here).

Now that TWC has turned winter weather into a name-calling event, I'm actually looking forward to the change in seasons for the first time since a snow day actually meant I could stay home and watch cartoons.

I could probably still stay home and watch cartoons and no one would care. But I would. I would care.

But people with critical jobs, such as TV weather personalities, will now be able to phone in, blame the wrath of Khan or a spell cast by Gandalf, and turn over and go back to sleep.

As far as I can tell, anything goes on the mythology front. Italian stallions like Rocky take their place next to Greek gods Athena and Zeus, although it would be better if Rocky referred to Rocket J. Squirrel (speaking of the cartoons of my misspent youth) which means we could look forward to Winter Storm Bullwinkle, but that's almost too much to hope for. I can only remind the people at TWC that Rocky and Bullwinkle did come from Frostbite Falls, Minnesota. Winter lives there for sure.

The best part is that we can finally play along here in Canada. Blizzards are as commonplace as hurricanes are scarce north of the 49th. We could have a different fun weather event almost every day, although there's a real danger we'll hit Zeus in mid-February, where in parts of this godforsaken tundra, winter's just getting started.

In that case, we can always tap into our local mythology and name the next one Winter Storm Sidney Crosby? Because apart from winter, he represents the other thing we're good at.

Whaddya gonna call that one, son? NATHAN DENETTE/THE ASSOCIATED PRESS

Time for a swim or a quick bite?

KATHLEEN REEDER/SOLENT

Animal instincts

Tiger hunts down handler into pool

This brave zookeeper took a real leap of faith ... into a swimming pool with a formidable tiger.

Animal handler Jeff Harwell, 30, dove into the water with a 204-kilogram Bengal tiger named Akasha in close pursuit.

The dynamic duo are the main event of a stunt show at Arizona's Out of Africa Wildlife Park.

METRO

Animal handler's view

"We're just playing, having a good time. All I see is her eyes and how intense they are, and she's trying to figure out what move I'm going to make that will make her spring."

Jeff Harwell

Reaction to photo

Critic condemns 'shocking' image

But this stunt is not without its critics.

"It's truly shocking," Adam Roberts, executive vice-president of animal rights group Born Free USA, told Metro.

"It sends out a terrible message, that wild animals can be kept in close proximity with humans." He added: "This could easily end up in tragedy, with someone getting killed by a tiger." **METRO**

Jeff Harwell with Akasha.
CONTRIBUTED

Metropolitan Panel

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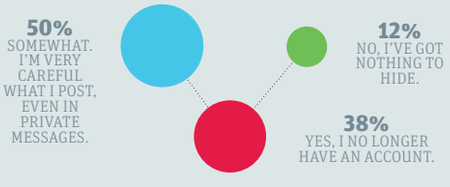
Are you concerned about your privacy on Facebook?


50%
SOMEWHAT. I'M VERY CAREFUL WHAT I POST, EVEN IN PRIVATE MESSAGES.
12%
NO, I'VE GOT NOTHING TO HIDE.
38%
YES, I NO LONGER HAVE AN ACCOUNT.

Twitter

@loribinfet:
If you want my vote you best be knocking at my door or at least be sending me info to my mailbox #yqr elections. So far 0. . .

@RicoinRegina:
Where in #yqr can a guy go to buy an inexpensive bowtie?

@Rider_Girl3:
Doing the research to figure out who to vote for! #yqrvotes #YQR #ward3

@NickT1219:
Has anyone else noticed that when ever the #Riders win, that game is always the game of the week on #TSN? #stuffingtheballott

@misterbeastly:
Attainable housing, domed stadium, film commission, aboriginal advisory circle, less taxes, more head offices for #yqr #yqrvotes @LizBrass

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ILX Tech model shown with Aero Kit Package.

ISTOCKPHOTO/THINKSTOCK

FLICKR/CREATIVE COMMONS/MATT SHARPE

5 FABULOUS CITIES TO VISIT

Take a walk on the wild side … in these five amazing cities.

DISCOVER: MUSIC SCENE IN MONTREAL

Whether you are into French hip hop, dance clubs or live indie rock, Montreal after dark is the place to be. Head over to SAT, a slick warehouse and new media space for DJs and performance artists, Le Social, a bohemian hangout in a 19th-century mansion, or La Sala Rossa, a performance hall for touring bands. And check the paper because depending on where you are in the city, entire blocks are often closed to traffic for free concerts. Find your peeps, settle in — and let loose!

HEIGHTENED EXPERIENCE: NIGHTLIFE IN BERLIN

Berlin's nightlife is filled with wild abandon and contagious energy … people are jammed into cafés and underground bars that are spinning tunes and fun well beyond dawn. What makes it especially electrifying is all of this is happening amidst historical remnants (the German capital staged a revolution, was headquartered by Fascists and bombed to bits in the 20th century). All you have to do is surrender to the blissed-out haze of beats and booze …

DRAMATIC: BONDI BEACH IN SYDNEY

Sydney, Australia, is a maze of sandstone headlands, lazy bays — and legendary surf beaches. The most famous is Bondi Beach, which is just several kilometres from the city centre. Dunk yourself into the consistently great foaming swells for a rough-and-tumble swim (the average water temperature is 21 C). The beach is always swarming, there's lots happening in street cafés, and there are also salt-water sea baths at either end of the beach.

PUSHING BOUNDARIES: EDGY CAMDEN TOWN IN LONDON

Camden Town is where it's happening in London, England. This area has been the centre of alternative culture since the '60s, and today it's a grungy paradise for Goths, punks and everyone in between. Check out the world-famous Camden Market for one-off clothing finds as well as lots of food stalls from around the world. Camden Town is also home to Abbey Road Studios and a slew of music venues and shops that reflect London's amazing musical history.

STIMULATE: DAKHLA, MOROCCO

One of the most exotic places to feel the power of the wind as it propels you across the water on a kite board is Dakhla. This western Sahara Desert town is one of the world's greatest wind — and kite-board surfing destinations! It's located on a narrow 48-kilometre long peninsula that stretches into the Atlantic Ocean and creates a huge lagoon. It's in that sandy lagoon where beginners and pros celebrate constant winds all year, flat water, great weather and lots of space. Grab your boards and go.

DAVID DE LOSSY/PHOTODISC/THINKSTOCK

FLICKR/CREATIVE COMMONS/MICHAEL ZIMMER

5 Gum. Stimulate Your Senses.

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Liam Neeson gets big bucks these days with roles like in Taken 2, but prior to killing bad guys, he showed a softer side. HANDOUT

Neeson has a particular set of skills that aren't violent

Taken 2. Before he was fighting wolves and hunting bad guys, the Irish actor played a number of roles that showcased his nice-guy personality

IN FOCUS
Richard Crouse
scene@metronews.ca

In this weekend's Taken 2, Liam Neeson tells his daughter that he will do "what I do best," which, apparently, is wallop bad guys, grimace and leave a trail of destruction a mile wide. He plays a retired CIA agent with a "particular set of skills" who will do anything to protect his family.

Neeson's habit of paying the rent with chest-beaters like Battleship, Unknown and The A-Team led one macho movie fan to post on Facebook some conclusions.

"After watching the movie The Grey, I can only come to the (very logical) conclusion that Liam Neeson should be King of the Earth. Who's better than Liam Neeson? Nobody. That's who. Nobody."

His burly build and steely glare have made the 60-year-old an action star.

"Believe it or not, I have even had Arnold Schwarzenegger and Bruce Willis calling my agent saying, 'How do I get these scripts?,'" he said.

Quote

There was a time when a kinder, gentler (Liam) Neeson ruled the screen.

But there was a time when a kinder, gentler Neeson ruled the screen.

His first film, 1977's Pilgrim's Progress, was so low-budget he played several characters. He's credited as the Evangelist, a main character in John Bunyan's Christian allegory, but can also be seen subbing in as the crucified Jesus Christ.

It was another supporting role in a movie called Shining Through that led to his breakthrough. In it he plays a Nazi party official opposite Michael Douglas. The performance so impressed Steven Spielberg he cast Neeson as Oskar Schindler in Schindler's List, which turned him into an Oscar-nominated star.

He parlayed that fame into starring roles in period pieces like Rob Roy, Michael Collins (at the age of 43 Neeson was 12 years older than the real-life Michael Collins when he died) and Les Misérables. Then comedies Breakfast on Pluto and High Spirits also showcased his more amiable side.

High on the list of his mild-mannered roles are two films with Laura Linney. He's worked with her so often on stage and in the movies they joke they feel like "an old married couple." They're part of the ensemble cast of Love Actually and play husband and wife in Kinsey, about America's leading sexologist Alfred Kinsey.

Neeson, as we can see, can portray almost anything on screen, but even he was surprised by the success of Taken, his first action hit.

"I was a tiny bit embarrassed by it, but then people started sending me action scripts."

Beasts deemed unfit for SAG awards

Indie film. Sundance winner ineligible after SAG rules they did not meet their financial standards

The independent-film hit Beasts of the Southern Wild will be ineligible for the Screen Actors Guild Awards because it was not made under provisions of the union's contracts, guild officials said Monday.

The producers have until Oct. 25 to bring the film into guild compliance to become eligible for the awards, though that likely would mean paying the actors more money. A spokesman for Fox Searchlight, which released the film domestically, said the company would not try to bring Beasts in line with SAG contract rules to qualify for the awards.

"We're baffled at the fact that the producers of Beasts of the Southern Wild failed to sign a SAG agreement as every other important film released this year did," said guild spokeswoman Pamela Greenwalt in a statement. "We would love for the performers in this film to compete for a SAG Award. Celebrating such performances is what we're all about."

Director Benh Zeitlin cast locals in his film set in rural Louisiana, including his two stars, first-time actors Quvenzhane Wallis as a six-year-old wild child, and Dwight Henry as her father.

Beasts won top honours at the Sundance Film Festival, so sitting out the Jan. 27 SAG Awards will not necessarily hurt its Academy Awards prospects. THE ASSOCIATED PRESS

Quvenzhane Wallis portrays Hushpuppy in Beasts of the Southern Wild. JESS PINKHAM/THE ASSOCIATED PRESS

SCENE2

On the web

Qriket

Norah O'Donnell tries to make the most of her mornings on CBS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Tom Cruise

Special Scientology treatment for Cruise

Some members of the Church of Scientology are bristling at the special treatment they believe Tom Cruise is receiving in the wake of his split from Katie Holmes, according to Radar Online. "They have bent the rules or Tom. If Tom was any other Scientologist — including lesser celebrities — he would not be allowed to continue seeing and maintaining communication with Katie or Suri," former Celebrity Center president Nancy Many tells the website. "When every other person that I have known of leaves Scientology, which Katie did without speaking of it directly, they are instantly shunned."

Don't worry, Robert. You're still the sexiest man alive

Maybe this will help take his mind off the whole Kristen Stewart cheating scandal thing: Twilight star Robert Pattinson has been named the Sexiest Man Alive by Glamour U.K. for the fourth year in a row. The Brit-heavy list awarded Avengers star Tom Hiddleston the No. 2 spot, while Johnny Depp, Michael Fassbender and Sherlock star Benedict Cumberbatch rounded out the top five.

The Word

Kardashian and Lopez to be hosts of X Factor

Ryan Seacrest is getting a little competition as host of a reality TV singing show: It was kind of announced yesterday (through TMZ; no official announcement has been made as of press time) that Khloe Kardashian and Mario Lopez will be the new co-hosts of The X Factor.

Earlier reports had Kardashian as the sole host but because of her contract with E!, there was a lot of back-and-forth; they kept Lopez on the sidelines as a back-up. But now it looks like they will share the duties together.

Good on Kardashian for distancing herself from the Kardashian cabal (heads up: Don't be surprised if you see Kardashian Kabal being used as the name of their new Home line for Sears) but Mario Lopez? How does this guy continue to have a showbiz career when Kelly Kapowski does not?

Curry back on Today?

Meanwhile, over at The Today Show, producers are doing a huge mea culpa about firing co-anchor Ann Curry and doing the unthinkable: they are going to have her back on the show on a routine basis in order to keep the morning show's ratings from sliding any further.

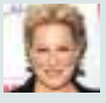
Will Kopelman and Drew Barrymore ALL PHOTOS GETTY IMAGES

Suck it up: Tasty baby names are still in vogue

Drew Barrymore is a new mom, giving birth to baby girl Olive last week, according to a statement by her reps.

"We are proud to announce the birth of our daughter, Olive Barrymore Kopelman, born Sept. 26, healthy, happy and welcomed by the whole family," The statement reads. "Thank you for respecting our privacy during this most special time in our lives." This is the first child for Barrymore and husband Will Kopelman, who tied the knot in June.

Twitter

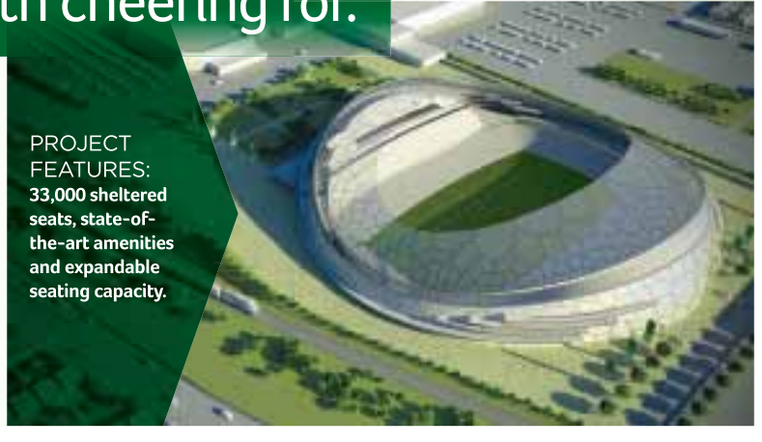


@BetteMidler
Oops, MIA again, upstate harvesting KALE KALE KALE!!! It's like a WEED!! How many chips can you eat?? And let's not discuss the peppers!

@EllenBarkin
Nice to see responses from Christians whose political beliefs might be different from my own. Glad your out there.

@SandraBernhard
a little reflection does a girl good. back on the chain gang.

A future worth cheering for.



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Members of the Stadium Project team will be sharing images and answering questions about the new stadium concept.

For more information visit *ReginaRevitalization.ca*

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REGINA REVITALIZATION INITIATIVE

Looking for a place to unwind? Lonely Planet host Dominic Bonuccelli shares his favourite relaxation spots. Watch the new Lonely Planet series premiering Thursday at 10 p.m. ET/PT on Travel + Escape.

DOMINIC BONUCCELLI
life@metronews.ca

5 Places to bust the stress

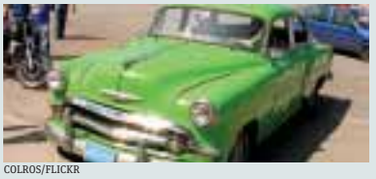
SHAYAN/FLICKR

Death Valley, California

Sure, post-apocalyptic wastelands aren't everyone's cup of tea, but Death Valley gets my vote for the most mythic landscape in North America. It's the lowest point in the Western Hemisphere, full of Saharan sand dunes, endless fields of jagged salt crystal formations (the Devil's Golf Course), and vistas brooding enough for the U2 Joshua Tree album cover. Try meditating under the thick veil of silence, so intense you can hear the very hum of existence itself.

Cuba

Run to Cuba. Run there before the U.S. blockade ends and everything changes. Not that it shouldn't: the blockade is an anachronistic holdover from the Cold War that should go the way of the Dodo. But for now, Cuba remains frozen in 1958. Every pull-handle fridge, every '56 thunderbird with white-walled tires serving as a part-time taxi, every scrap of machinery heralds from the 1950s. The mojitos are the best you'll taste on the planet, swizzled with a stick of pure sugar cane, and you sip them while watching grandma and grandpa salsa dance on a street corner to live music at midnight. Run to Cuba, my friend.



COLROS/FLICKR

Banff, Alberta

Everyone knows Banff National Park has some of the best skiing and snowboarding, but I recommend hitting Lake Louise and the surrounding area in the summer blast. The Lake is blue, the colour of a child's imagination and home to the opulent Fairmont Chateau for those who relish the finer things. Summer allows you to rent a mountain bike and shred down miles of amazing alpine terrain with wildflowers and brain-melting views teeming with wildlife. Hit the Banff Upper Hot Springs on the way home to replenish your body.

SATORU KIKUCHI/FLICKR

ALOHAMAMMA/FLICKR

The Big Isle of Hawaii

You may have a more Robinson Crusoe experience on one of the more remote islands like Molokai or Lanai, but the big island of Hawaii will always be one of my favourite places on the planet. It hovers over a hole in the Earth's crust spouting magma, which makes it the youngest island and the one where you can (depending on the whimsy of Pele) watch lava drop into the ocean in pink-hazed fury under a full moon. If you want the pomp of a four-star experience you can linger on the dry side at the golf courses in Kailua-Kona, but I prefer the solace of the northern ranchlands near Waimea.

Copper Canyon, Sierra Madres, Mexico

I live just north of the Mexican border in Tucson, and I didn't even discover the Copper Canyon until three years ago. Shame on me. The drug war hasn't helped tourism much, but in reality tourists are very rarely targeted, and the adventurous travellers that venture in will be rewarded with a rustic wild-west train experience that crosses the Grand Canyon of Mexico on a daylong trip either direction between Los Mochis and Chihuahua. The Sierra Madres are breathtakingly gorgeous, and home to the Tarahumara Indians, the best long distance runners in the world and one of the most traditional and remote tribes in Mexico; a glimpse of their Easter celebration is an otherworldly experience.

BDEARTH/FLICKR

NEED COOL DESIGN TIPS?

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Thomas Cook

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Qriket

New Travel Channel show goes behind the scenes at Miami International Airport

Slow down and enjoy the view on a train ride through the wilds

Jasper. A 1,000-kilometre journey features stops in ski towns, boating spots and even some great shopping

THE TRAVELLIN' CANADIAN
Darren Parkman
travel@metronews.ca

In an era where you can jump on a jet and be halfway around the world in half a day, it's a refreshing change to wind back the clock and do some travelling old-school style.

Via Rail offers an incredibly scenic, relaxing train journey from the northern B.C. coast to Jasper, Alta., but don't expect to get anywhere fast.

This is how they moved in style back in the day, with great stretches of wilderness, lakes and rivers, punctuated by little railway towns.

I have to admit the hum of the train lulled me into more than one nap along the 1,000-kilometre route, but there is no shortage of interesting stops along the way either.

Towns like Terrace, Smithers and McBride are rich in native culture, and have that small-town feel you can't find anywhere else. I even found myself browsing through an impromptu town flea market during a whistle stop in Smithers.

The train itself is a bit dated, with a lounge car complete with 30-year-old magazines, and '70s-style decor. Overall though, touring class offers great dome cars to enjoy the view of the stunning Rocky Mountains at a relaxed pace.

After an overnight stop in bustling Prince George, we were soon crossing the Alberta border, where passengers delighted in spotting a couple of lazy grizzly bears lounging in a track-side field.

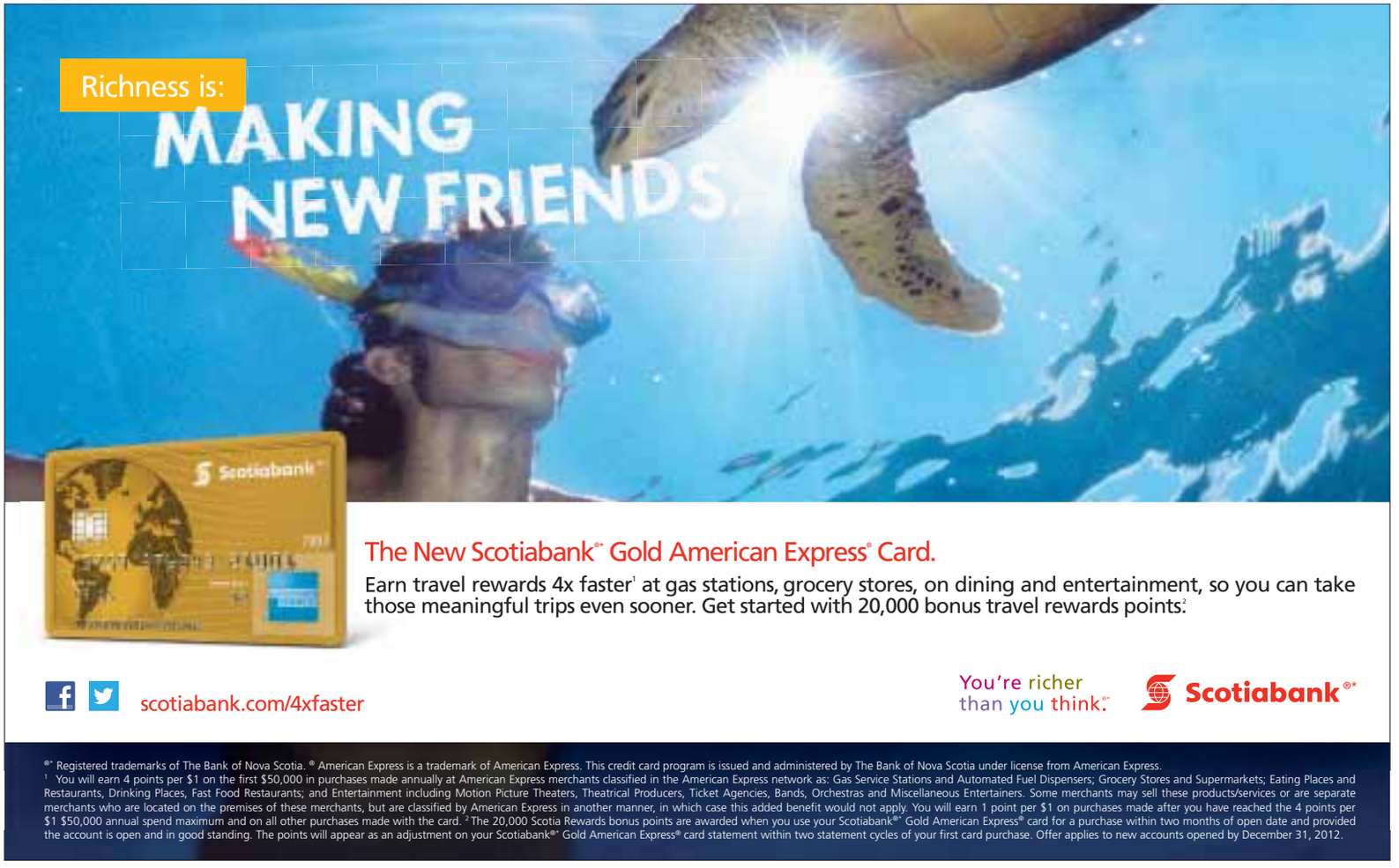
Finally, the train chugged into peaceful Jasper, where the scenery is equally spectacular.

You couldn't find a better setting to wrap up a long rail ride. At the stunning Fairmont Jasper Park Lodge, I found myself sipping a nightcap as a wild herd of giant elk slowly wandered the property, grazing just a few feet away from hotel guests.

Other cool things to do ...

- **Jetboating in Terrace.** Take a high-speed jet boat tour on the Skeena river. There's also great salmon fishing from spring through fall.
- **Ski Hundons Bay Mountain in Smithers.** Three great lifts with runs for the novice to the expert. Located just 20 minutes from downtown.

All aboard! Take the Via train through the Rockies for a wild time. DARREN PARKMAN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Not into pumpkin sweets? Try this updated version of Lemon Meringue

ROSE REISMAN
for more, visit
rosereisman.com

This is a twist on a Lemon Meringue Pie — the filling has a creamier, custard-like texture. The meringue doesn't leak and holds its shape for at least two days in the fridge.

1. Preheat the oven 350 F. Lightly coat a 9-inch pie pan with cooking spray.

2. Crust: Combine crumbs, water and oil bowl. Pat into the sides and bottom of the pie pan.

3. Filling: Combine condensed milk, lemon zest, lemon juice and egg yolk. Let sit 10 mins. until thickened. Pour into pie pan and bake 20 mins. or just until the mixture is set.

4. Meanwhile, make the meringue. Combine egg whites, sugar, cream of tartar and water in a clean bowl. With electric beater, whip at the highest setting for about 8 mins. or until stiff peaks form. Spread over the lemon filling.

5. Increase the oven temperature to 375 F and bake for 10 minutes or until meringue is just lightly browned. Chill until cold and cut into 4 small slices. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Nutritional analysis

Per serving (1 slice)

257 calories; 5.1 g protein; 45 g carbohydrates; 0.3 g fibre; 5 g total fat; 1.9 g saturated fat; 54 mg cholesterol; 87 mg sodium

Ingredients

Makes one nine-inch pie

Crust
- 1 1/2 cups vanilla wafer crumbs (made from 3 cups vanilla wafers)
- 2 tbsp water
- 1 tbsp vegetable oil

Filling
- 1 can (14 oz) + 2/3 cup low-fat sweetened condensed milk
- 1 tbsp lemon zest
- 1/2 cup lemon juice (freshly squeezed)
- 3 egg yolks (save the whites)

Meringue
- 3 egg whites
- 2/3 cup granulated sugar
- 1/8 tsp cream of tartar
- 3 tbsp water

Lemon Meringue Custard Pie

This recipe serves four to six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Drink of the Week

Orange, Banana and Cinnamon Slushie

For a sweet dessert in a cup, try this slushie drink with its tasty dash of cinnamon. It's the perfect mid-day snack.

- 3 cups lightly crushed ice
- 1 cup no-pulp orange juice
- 2 bananas
- 1/2 cup agave syrup or honey
- 1/2 tsp cinnamon
- Pinch salt

Combine all ingredients in a blender. Purée until smooth. You may need to stop the blender once or twice and stir the ingredients in order to keep them moving in the blender. Serve immediately. THE ASSOCIATED PRESS

Crisp Blueberry Shortcakes: Scrumptious, messy goodness

1. Heat the oven to 400 F.

2. In a small bowl, combine 1 tablespoon of the sugar with the cinnamon.

3. Lay 1 phyllo sheet flat on a baking sheet, keeping the remaining phyllo sheets covered with plastic wrap and a damp kitchen towel. Spray the phyllo sheet lightly with the cooking spray, then sprinkle it with 1 teaspoon of the cinnamon-sugar mixture.

4. Layer a second sheet of phyllo over the first, coat it with cooking spray and sprinkle with another teaspoon of the cinnamon-sugar mixture. Repeat with the final sheet of phyllo.

5. Cut the stacked phyllo into 12 4-inch squares, leaving them on the baking sheet. Bake until crisp and golden brown, about 8 minutes. Transfer to a rack and let cool.

6. Meanwhile, in a small saucepan stir together the remaining 1/3 cup of sugar, the cornstarch and salt. Whisk in the water. Add 1/2 cup of the blueberries and cook over medium heat, stirring constantly, until the mixture comes to a full boil, the berries have popped, and the sauce has thickened. Remove from the heat and stir in the lemon juice and zest.

7. In a medium bowl, combine the thickened sauce with the remaining blueberries.

8. To serve, arrange 6 of the phyllo crisps on individual serving plates. Divide the blueberry mixture between them, spooning it over each. Top each with a second crisp. Serve topped with a spoonful of vanilla yogurt, if desired. They also can be sprinkled with powdered sugar or additional cinnamon.

THE ASSOCIATED PRESS/ SARA MOULTON OF THE SHOW SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 1/3 cup plus 1 tbsp sugar
- 1/4 tsp cinnamon
- 3 sheets phyllo dough, trimmed to 12-by-16 inches
- Cooking spray
- 1 tbsp cornstarch
- Pinch table salt
- 1/3 cup water
- 2 cups fresh blueberries, divided
- 1 tbsp fresh lemon juice
- 1/2 tbsp grated lemon zest
- Low-fat vanilla yogurt, to garnish, if desired

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Key-Lime Pie. End dinner with this easy dessert

1. Prepare pie crust according to package directions. Using oven mitts, remove from oven and set aside to cool.

2. In a medium bowl, whisk together sweetened condensed milk and egg yolks until well combined. Add lime juice and mix well.

3. Pour lime filling into cooked and cooled pie crust. Bake in a 180 C (350 F) oven for 15 minutes. Using oven mitts, remove from oven and let cool. Serve with whipped cream. THE CANADIAN PRESS/ TENDERFLAKE

Ingredients

- 1 deep-dish pie shell
- 1 can (396 ml/14 oz) sweetened condensed milk
- 4 egg yolks, beaten
- 125 ml (1/2 cup) lime juice
- Whipped cream, for serving

Make sure to take the time to relax with your family this Thanksgiving long weekend and create your own treasured memories. ALTRENDO IMAGES/STOCKBYTE/THINKSTOCK

Cornucopia of activities

LEE ROMAN
For Metro

There's really no other holiday like Thanksgiving — the day that's synonymous with feasting on turkey, mashed potatoes and, of course, seasonal pie of the apple or pumpkin kind.

But food aside, Thanksgiving weekend is also the perfect time take in some other activities with family and friends. Here are a few ways to have fun, celebrate fall and create bountiful memories this long weekend.

1 Take in the fall colours: Plan a leisurely stroll around the neighbourhood to check out the changing leaves and splendid fall hues. Or load up the family in the car and take a drive to the nearest park, walking trail or conservation area. Make sure you take a camera along so you can do a fun fall photo shoot.

2 Go apple picking: Canada is ripe with farms to pick your own apples. A quick online search will provide a listing of local U-pick orchards. If you are taking children with you, make sure you choose a location that has dwarf trees for easy picking. Tip: When you find that perfect apple, don't yank the apples from the tree. Lift the apple upwards and give a sharp twist to prevent other apples from falling from the tree.

3 Bake something special together: Set a couple of hours aside to make Thanksgiving-themed cookies with family members or friends. You will find sprinkles, icing and a variety of different shaped cookie cutters, including pumpkins, maple leaves, turkeys and more in craft or kitchen stores. And remember that kids love to help, so use the opportunity to include them in the cookie cutting, baking and decorating.

4 Get spooked: Although Halloween is still a few weeks away, haunting season has already begun in many cities and towns. If you like a good scare, goblins, ghosts and other terrors of the night aren't usually too far away at this time of the year. Check out the Internet for scary activities, such as haunted hay rides and walking tours in your area.

5 Volunteer your time: Nothing reminds us more of how much we have to be thankful for than giving back to others in need. This weekend, why not consider helping out at a local food cupboard, volunteering at a homeless shelter or serving up Thanksgiving dinner at nearby food kitchen.

However you decide to spend Thanksgiving weekend, make sure to take the time to relax and create your own treasured moments.

Get the kids involved as you set the scene for Thanksgiving with the family. ISTOCKPHOTO/THIKNSTOCK

Entertaining. Set the scene this weekend

ASTRID VAN DEN BROEK
For Metro

Thanksgiving brings a whole new twist to entertaining — so how do you entertain family at this time of year?

Set the scene

Before you get to the cooking, there is the decorating. And why not get your kids involved in setting the Thanksgiving scene?

"The kids can collect coloured leaves and fill decorative apothecary jars or bowls to bring the outdoors in," suggests Janet Lee, the Brampton, Ont.-based fashion and product development director for Home Outfitters.

Setting a kids table this year? Karl Lohnes, Metro's Décor Moment's columnist, suggests opting for bright and practical when it comes to decorating the table — think a big paper tablecloth in a bright green or orange. "We're also seeing a lot more decorative, disposable stuff — so maybe a decorative plate and then a glass one on top of it can help to decorate," he adds.

"Even the Dollarama type stores have a lot of fall Thanksgiving disposables to use under a glass plate for a pattern."

What about the food?

Trish Magwood, author of In My Mother's Kitchen, sees a group of 21 family members every Thanksgiving and knows the holiday is about finding dishes that work for different generations.

"So my mom will do a turkey dinner for the adults, but then a smaller roast chicken for the kids who are eating sometimes at a different time," says Magwood. "Or we'll have the same celebratory meal and different sides. We might be having oven-roasted cauliflower with brown butter sauce or a zucchini gratin that's got a heavy gruyere flavour, but the kids might be more inclined to have the mashed potatoes with peas. So it's different side options, yet you don't have to become a diner-like cook for everyone."

Magwood also suggests thinking beyond just the big dinner — traditional Thanksgiving weekends involve multiple dinners after all. "We always do the one big dinner, one barbecue dinner and one make ahead dinner," she says. "So it's a controlled potluck figured out ahead of time."

Oktoberfest in your own backyard

If you aren't into travelling to Munich to celebrate original Oktoberfest, there is an easier way.

Plan your own backyard Oktoberfest party. The weather is still great for barbecuing and, you have to admit it, fall is just a great time to have a party — lederhosen or no lederhosen.

Make it an authentic German feast

Any Oktoberfest celebration worth going to starts with a menu of hearty German fare. Sausages, sauerkraut, potato dumplings, and schnitzel are just a few must-have dishes to serve to your company.

Throw in an apple tart or strudel for desert and your guests will be nothing short of impressed. A good way to find the freshest food and get in the right mood for Oktoberfest is by shopping for ingredients at the local farmers' market or at fall fairs.

And don't forget one of the most important items of all — beer. When your guests ask "what can we bring," suggest that they surprise you with a choice of German lagers.

Create a willkommen atmosphere

Make the night come alive with light. You will find a good selection of colourful candles, lanterns and colourful indoor and outdoor lights at many craft stores, and home and garden centres.

Stop by a travel agency and ask if it has some promotional posters for Germany, which you can pin up outside and around the house. Play some traditional oompah band music to get everyone in the Oktoberfest spirit.

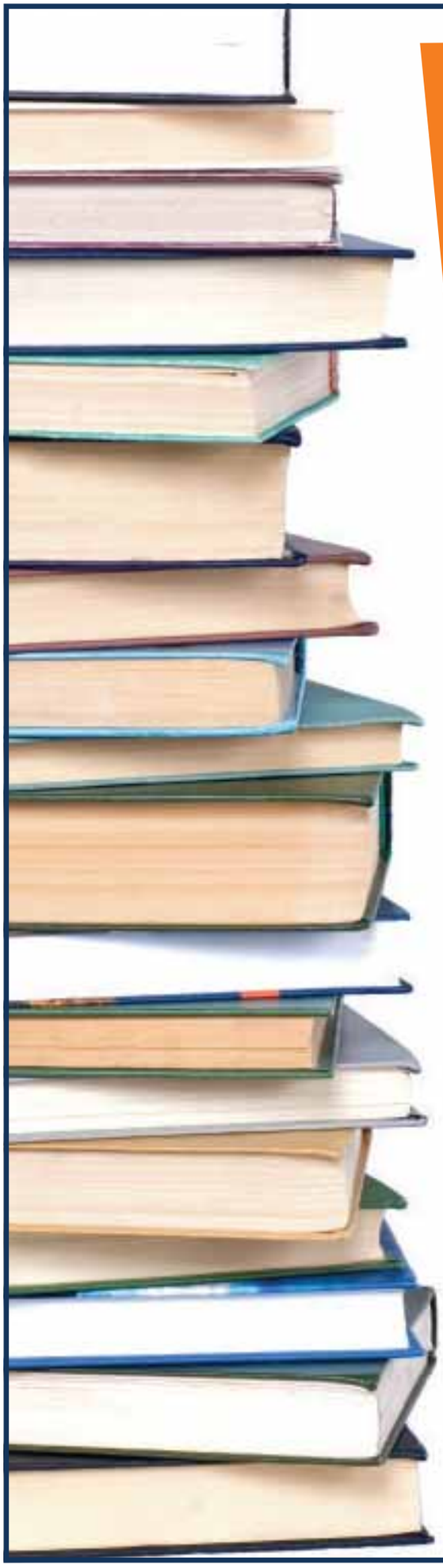
Set your table with style

Make your guests think they are in Bavaria, home to Oktoberfest, by decorating your table with splashes of cobalt blue and snow white, the official colours of Bavaria.

Or add place mats, runners and napkins in the bold colours of the German flag: Black, red, and gold.

Create a centrepiece of dried flowers, wheat sheaths or Bavarian floral favourite — geraniums.

LEE ROMAN



INNOVATIVE DESIGN A FOCUS FOR NEW REGENT PLACE BRANCH

Regina Public Library's new Regent Place Branch focuses on creating versatile and family-friendly spaces for community use.

The new location includes a large, welcoming children's area within the Branch. This provides a comfortable space for young children and their families or caregivers. Major elements of the design plan for the space include a nursing room, with a family-style washroom located nearby for added convenience.

A self-check unit is available in the children's area, to make the process of checking out Library materials quicker and easier for families on-the-go. The children's area will also serve as the primary space for preschool programming.

Another innovative step was taken with the programming room that was designed as a multi-use space, rather than a dedicated area for programs. It features an overhead door with large glass panels, which can be raised to open up the space for general use when the room is not booked.

The Branch design also has two smaller programming rooms, for use by groups of four or six people who need a quiet space for study or discussion. This is ideal for volunteer tutor-learner pairings or small book clubs.

Regent Place is 30% larger than the previous location and the space and furniture have been designed to create a welcoming environment. The new location also maximizes the use of natural light and has a new shelving system that maximizes the walls for collection storage.

The non-fiction collections are now arranged using a subject-based system that allows ease of browsing and intuitive location of materials for patrons and staff.

Take some time and bring your family and friends to experience Regent Place, located at 331 Albert Street in the Market Mall - Regina Public Library's newest most innovative Branch.

Regina Public Library

REGENT PLACE BRANCH
331 ALBERT STREET
777.6086

Show me the money-related role

Take this advice to the bank. Making cents of an interview in financial services

ISHANI NATH
TalentEgg.ca

Sweaty palm syndrome can be solved by getting a handle on the job description. ISTOCK

Interviews can be scary. Between talking about your experience without talking too much, being easy-breezy but not too casual, and trying to hide your nervousness under your best business suit, there are many factors that can result in a good (or disastrous) job interview. In the financial services sector, like in many industries, the interview stage is when companies determine if you're a good fit for the job on a personal and professional level. We spoke with Nancy Moulday, manager of recruitment at TD Business Banking, to find out what sums up to a great interview in the financial services:

Know the job posting

"In preparing for the interview, it's important to take a look at those traits and behaviours that the interviewer and company are looking for," says Nancy. Therefore, she says, let the job listing be your guide when gearing up for the big day. When creating a job description, companies highlight the behaviours and skills that they're looking for in applicants. The key points outlined in the listing will give you a framework for answering some of the general questions (e.g., 'Describe your greatest success') and an opportunity to practice. Nancy adds that you should take care to not over prepare — interviewers aren't looking for the perfect answers word-for-word. Just be able to reflect back on your experiences and have examples that fit the job description at the ready.

Ask what to expect

Different jobs will require different styles of interviews. It is completely within the rights of the candidate to ask the interviewer what to expect from your interview, says Nancy. She says most companies are very up front about what form the meeting will take and are happy to share it with candidates to help them better prepare. In the financial services industry, it is particularly important to ask these questions in case testing will be involved, such as a financial statement analysis or business case review. Knowing what's involved in advance will ensure that you show up to the interview with the necessary tools (e.g., calculator, pens, etc.) and the necessary knowledge.

Bring a portfolio

Interviews are an opportunity for you to showcase how great you are, and it's important to have the paper to back it up. Nancy recommends that all candidates show up to their interviews with two copies of their resumé – one for their own review and one for the interviewer. She says you should also put together a binder or folder that contains the job listing, a cover letter, and any other documents that were specifically requested in the job description. Additional documents can include things such as proof of specific accreditation, reference letters and any previous work that you may be discussing during your interview.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Much appreciated

Get in touch!

Like my mother loves to say: "Never underestimate the power of saying thank you." Follow up with employers after each interview to thank them for their time and briefly reiterate your interest and eligibility for the open position.

In the financial services world, new hires are often working with clients or customers and, therefore, Nancy says that this type of note reflects well on the courtesy and professionalism of candidates.

OFFICE MANAGER

Reporting to the Office & Sales Administration Manager, Western Canada, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Regina operation. As well as provide operational and executive support to the Sales/General Manager, Metro Regina and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Advertising Sales Bookings using a computer
- Direct Sales Support
- Completion of numerous reports daily, weekly, and monthly, pertaining to the sales team

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than October 10, 2012. PLEASE QUOTE: "Office Manager - Regina" in the subject line. All submissions will be treated as confidential.

metro

Student Voice

Employers, keep an equal eye out for arts students

Fionn Smyth
Graduate
Bachelor of Arts in Labour Studies and Theatre & Film
McMaster University

TalentEgg.ca

Fionn Smyth

After graduating with no job I took the opportunity to participate in J'Explore and learn French in a semi-immersion environment. After that I spent about six weeks constantly applying to work in full- time entry level positions either in my field or that could get me somewhere I wanted to go.

Finally I got a job but soon found out that it was not for me. After that I took a full-time position at Starbucks as a barista and was soon promoted to supervisor, however I still feel that there is more I could be doing with my education.

Don't get me wrong, my job pays my bills, but I'm looking for more than that.

My recommendations for employers, schools and career centres

I recommend that schools do more for their students in the arts. As someone who took a combined honours degree I found it nearly impossible to figure out which route to take or even how to pursue things that I wanted. While some arts students do get the attention that they deserve I often found that I had to do a lot more digging than my colleagues in engineering or sciences.

What I'm doing now

Right now I'm still at Starbucks as a supervisor. I had different ideas in mind for this time of my life. I'm just paying my bills and trying to get ahead. I'm still looking for something that will be more fulfilling on the whole and something that will let me use my education. I'm also applying to teacher's college for the fall of 2013 but with the job market the way it is there is still a long way to go.

My advice for students and recent grads

Don't give up hope. Keep on figuring out what you love to do and what uses your potential to the fullest. Don't be afraid to leave a job that you don't love and don't get too discouraged.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

Progress stalls as lockout bill climbs to $100 million

Lockout. With no bargaining sessions ahead, loss of regular-season games looms

The NHL lockout has already cost the league almost $100 million in lost revenue.

That figure will likely end up looking like chump change by the time the sport's latest labour dispute is settled.

Talks broke off quickly between the league and the NHL Players' Association on Tuesday morning, and deputy commissioner Bill Daly emerged from the meeting saying he didn't have "any progress to report." For the first time, he also revealed the extent of the damage the lockout has inflicted so far — "close to" $100 million after the cancellation of the entire pre-season schedule.

"That is not going to be recouped and that's going to cost both sides," Daly told reporters in New York. "That's unfortunate but it's a reality of where we are."

Quoted

"We're still focused on doing what we can to minimize the damage."

NHL deputy commissioner Bill Daly on the looming cancellation of regular-season games.

The revelation didn't elicit much sympathy from the union. Executive director Donald Fehr pointed out the sides could have continued negotiating past the Sept. 15 expiry of the last agreement.

"If this is a loss, this is a loss that is entirely of their own making," Fehr told The Canadian Press in an interview. "They're the ones that did this; nobody told them to."

The $100 million lost so far represents approximately three per cent of the total amount of hockey-related revenue generated last season — essentially the pool of money the sides need to agree to split up.

And the 17-day lockout hasn't yet resulted in the cancellation of any meaningful games. However, with the regular season scheduled to begin on Oct. 11, it's only a matter of time before that happens.

There are currently no other bargaining sessions planned. Fehr spoke with commissioner Gary Bettman by phone on Tuesday afternoon and is hopeful negotiations could resume in Toronto before the end of the week. THE CANADIAN PRESS

Djokovic returns to court in Beijing

Serbia's Novak Djokovic returns a shot to Michael Berrer of Germany in their men's singles match at the China Open tennis tournament in Beijing on Tuesday. Djokovic defeated Berrer 6-1, 6-7, 6-2 in his first match since losing the U.S. Open final. In the second round of the women's tournament, top-ranked Victoria Azarenka and No. 3 Agnieszka Radwanska both advanced with straight-set victories.

ANDY WONG/THE ASSOCIATED PRESS

MLB. Greenberg strikes out at plate, but not with fans

Adam Greenberg struck out on three pitches Tuesday night when he batted for the first time in seven years after the Miami Marlins gave him a second chance.

Greenberg signed a one-day contract before the game and stepped to the plate as a pinch-hitter leading off the sixth inning against New York Mets 20-game winner R.A. Dickey.

After Greenberg received a standing ovation from the modest crowd and his teammates in Miami, Dickey threw him three consecutive knuckleballs. The game was Greenberg's first since his major league debut in 2005, when he was hit in the back of the head by the first pitch he saw — a 92-mph fastball that derailed his career.

Adam Greenberg on Monday night in Miami. GETTY IMAGES

THE ASSOCIATED PRESS

Hockey

KHL jumps gun in announcing ESPN3 deal

The Kontinental Hockey League says some of its games will be broadcast in the United States on ESPN3 during the NHL lockout.

The Russian-based league announced on its website Tuesday that it plans to air five games in the next week on ESPN's online streaming service.

However, ESPN spokesman Josh Krulewitz said "the agreement is not finalized."

THE ASSOCIATED PRESS

NBA. Lakers' Howard says back feels OK after practice

Dwight Howard participated in his first practice with the Los Angeles Lakers on Tuesday, going through a lengthy workout with no apparent concerns about his surgically repaired back.

Howard worked out with the Lakers' new starting five during much of the practice at the Lakers' training complex, running offensive drills with Steve Nash and playing a 1-on-1 against Pau Gasol.

Howard's performance was encouraging to the Lakers, who are being careful with their new franchise centre five months after surgery to repair a herniated disc in his back.

THE ASSOCIATED PRESS

Quoted

"He worked just as much as anybody else, so that was good."

Los Angeles forward Pau Gasol on Dwight Howard's first practice with the Lakers.

4 SPORTS

Mobile sports

Qriket

Three-time Olympic medallist Silken Laumann is blasting Rowing Canada's decision to part ways with men's eights coach Mike Spracklen. No reasons were given, but Spracklen has had a fractious relationship with Rowing Canada for years.

DRIVE 5

On the Web

Scan code for more car reviews and news.

On the cutting edge of cute

Fiat 500c. The 'That's SOOOO adorable!' factor is often ignored in auto innovation, but car makers have made great strides

AUTO PILOT
Mike Goetz
drive@metronews.ca

Mike Goetz found himself blasting heavy metal with the windows rolled down when driving this cutie-pie just to balance things out. MIKE GOETZ

Automotive technology is advancing at breakneck speeds.

Just look at what's happened over the last few years to powertrain electrification, Internet connectivity, safety systems and fuel efficiency.

But today I would like to draw your attention to an area of auto tech that seems to get less attention than those aforementioned ones, but is nonetheless just as astonishing in its recent advances: Cuteness.

Automakers have always built cute cars, of course, but now they really mean business.

The cute cars of yesteryear were mostly cute because they were loveable underdogs that didn't really measure up to the other vehicles on the road. Reinvented versions of the Volkswagen Beetle and Mini changed all that, and paved the way for modern cuteness.

Now you can have a perfectly modern, useable car that is also as cute as the dickens.

No other vehicle has embraced this powerful formula as the Fiat 500c.

I recently took a white one home for a week's test. Actually, it wasn't white, it was Blanco Perla with a Bordeaux retractable fabric red top, and matching red leather seats.

It was just too precious.

When I first showed up with it, all the females in our house, and lots on our street, came wandering over to take it all in. All of them loved the car, loved the colour combination, and said it was really cute.

But "really cute" wasn't strong enough for them. They had to add length, as in, "It's REEEALLY cute" and syllables: "It's really CA-YOOOOT."

Fiat Canada said females and males buy regular 500 models in an equal 50/50 split. The Fiat Cabrio and its extra level of cuteness? Seventy per cent female; 30 per cent male.

The company didn't have the female/male split for this particular white/red colour scheme, but I'm guessing 95/5. The overall look is a little bit too "lovely handbag" for most guys.

I think most guys get and appreciate cuteness. It's just that we have more natural defence to deal with it. We can walk away.

Cuteness hits women where they live. When they see something like this Fiat, they get a visceral desire to take it home and give it a bath, or give it a hallowed place in the closet next to the other fashion accessories.

Driving something this cute is certainly different.

I found myself keeping the radio tuned to heavy metal, with the windows rolled down, just to, you know, balance things out a bit.

Both women and men check it out. I could be wrong, but after checking out the car, men seem also to check out whose driving it ... expecting a certain gender perhaps?

Women, on the other hand, only have eyes for your car. They are not concerned about the driver. They are concerned about the cuteness of the car.

But no matter which chromosomes you have, or if you like the Fiat 500c or not, we need to appreciate the engineering, the high-tech, cutting-edge cuteness of the little Italian coupe — another shining example of automotive progress.

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Mothers started out in the '70s with one product, the still popular "Mag & Aluminum Polish," and have grown to include a line of over 70 different products available to the public. Mothers has created a full line of easy to use products for all of your car care needs. They offer everything from one-step wax to a 4-step clean/wax system.

Surf City Garage offers everything you need when it comes to detailing and maintaining your vehicle. Developed by everyday car guys who were tired of using mediocre product, Surf City Garage has turned into one of the nation's leading car care brands.

Since 1901 **Meguiar's** has earned the trust of millions of consumers and professional detailers by producing the finest surface and car care products in the world. We carry a wide range of products for car detailing, marine and RV care, as well as professional auto detailing supplies.

Fukken wax is a high performance Euro-Style cleaning wax in an aerosol can. It will not only clean and wax your vehicle, but also remove grease, tar, bugs, mildew, road grime, light scratches and tree sap... FAST!!! Fukken Wax removes oxidation and restores faded paint. Fukken Wax contains no Teflon or CFCs (chlorofluorocarbons) which are harmful to the environment. Fukken Wax is also clear coat and gel coat safe. Fukken Wax is an all in one wash-n-wax. Using Fukken Wax you will cut your cleaning and wax time in half.

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Horoscopes

♈ Aries
March 21 - April 20
You may have all the facts on your side but if you expect rivals to admit it, you will be disappointed. Some people are simply too stubborn to change their point of view. Sound like anyone you know?

♉ Taurus
April 21 - May 21
What you want to do and what others want you to do are two entirely different things. It won't be long before you are free to come and go as you please but for now you may have to follow the herd.

♊ Gemini
May 22 - June 21
You are on the verge of a major gain, so any minor setbacks you may encounter today are worth suffering. Creatively and romantically this is very much your time of year, so make sure you enjoy it.

♋ Cancer
June 22 - July 23
It's good to be romantic but watch out that attraction does not become infatuation. If you allow your love life to distract you from your work both will suffer in the long-term. Do the right thing at the right time.

♌ Leo
July 24 - Aug. 23
You are taking your money situation too seriously. From today, however, you will start to see that things are not as bad as you have allowed yourself to believe. It's strange but somehow they never are.

♍ Virgo
Aug. 24 - Sept. 23
Not everyone can be as lucky as you. Not everyone can be as smart and funny and popular. Keep that fact in mind today when engaging people you find difficult to deal with. Maybe they're just jealous.

♎ Libra
Sept. 24 - Oct. 23
You have a great future but for some reason you seem more concerned with your past at the moment. Put yesterday and last year out of your mind, completely. What's done is done and cannot be undone.

♏ Scorpio
Oct. 24 - Nov. 22
What occurs today may appeal to your zany sense of humour but try to remember that not everyone sees things the same way as you. Have a good laugh by all means but laugh with people, not at them.

♐ Sagittarius
Nov. 23 - Dec. 21
You are tempted to confide in someone you work with but the planets warn that may not be a good idea. Keep personal information to yourself over the next 24 hours. Don't give anything away.

♑ Capricorn
Dec. 22 - Jan. 20
Get away from your usual surroundings and do something that energizes you physically, mentally and emotionally. You have been pushing yourself far too hard of late. You need a break.

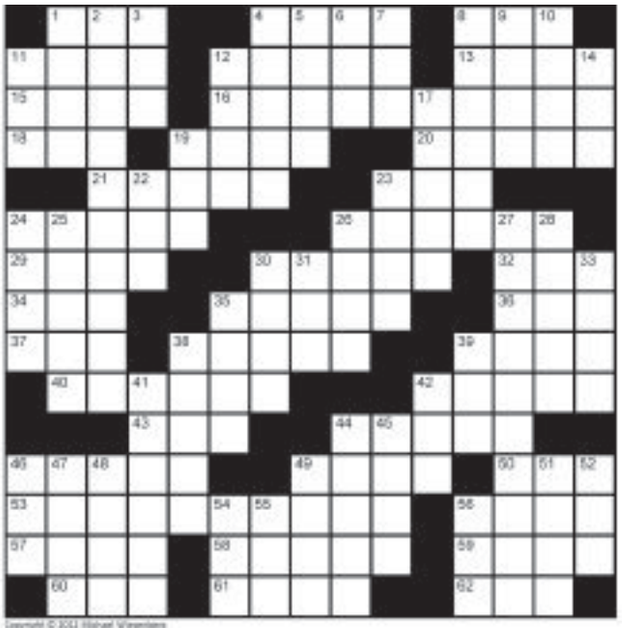
♒ Aquarius
Jan. 21 - Feb. 19
You can expect some major, maybe extraordinary things to happen between now and the end of the week. They may not always be good things but good things will come of them in some guise or other.

♓ Pisces
Feb. 20 - March 20
Everyone has standards but you need to realize that not everyone's standards will be as high as your own. If you can do that, you are less likely to get angry when others' efforts fall short of expectations.

SALLY BROMPTON

Pick Your Own Title

BY MICHAEL WIESENBERG



Across
1. Upper limb
4. Spoken
8. CD ancestors
11. *Yours* or *to you* (singular): Fr. (2 wds.)
12. "___ Billie Joe": 1967 Bobbie Gentry song (2 wds.)
13. Acorn-dropping trees
15. Deafening
16. Maritime Province (2 wds)
18. Lower limb
19. Australian birds with green eggs
20. Foe
21. Float in place
23. Boxer Muhammed ___, the former Cassius Clay
24. Carried, as by the wind
26. Edmonton NHL team
29. Make ___ with: impress someone (2 wds.)
30. Banquets
32. And so on: abbr.
34. Unhappy
35. Casting director's assignments
36. Cause surface damage to
37. Before: poetic
38. Halifax-born singer McLachlan
39. Completely naked
40. Yellowknife is 400 miles south of this Circle
42. Apply juice, as to a turkey
43. Fled on foot
44. Call off (a mission), in NASA-speak
46. Book of maps
49. All over again
50. Recede, as the Bay of Fundy tide
53. Dentifrice
56. Burn the midnight oil studying
57. Comfortable state
58. Foreigner
59. Nevada's "The Biggest Little City in the World"
60. ___ Moines, Iowa
61. Votes cast in favor
62. Not even

Down
1. Dip ___ in the water: test bath temperature (2 wds.)
2. Saskatchewan CFL team member
3. Central
4. Smell
5. Guns, as an engine
6. ___ loss for words (2 wds.)
7. ___ Angeles
8. Dollar coin
9. Appetizer spread
10. ___ milk: 0% fat
11. Everything
12. "This one's ___": "My turn to buy" (2 wds.)
14. Speak
17. Biological building blocks
19. Night before
22. Quebec neighbour: abbr.
23. Is sick
24. Air Force installation
25. Scarlett ___
26. Promise
27. "'Digitally ___": fresh copy made from the original, in a DVD or CD notice
28. Begin
30. ___ Garneau: first Canadian in outer space
31. Historic period of note
33. They were among the original inhabitants of Ontario
35. Ache
38. Hidden cache
39. Tavern
41. Packing cases
42. Acknowledge applause
44. Puts money into a poker pot before cards are dealt
45. "What's ___ happening?"
46. Consumed
47. Frog's land-based cousin
48. Be an unsuccessful gambler
49. Largest continent
51. Group of marching musicians
52. RBC competitor
54. Earnings
55. Hearty pub order
56. ___-Magnon man

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		4	6		2			
	3					4	9	
6	7				1	8		
2		8	7				3	
				9				
	1				4	7		5
		9	4				1	7
	2	7					5	
			5		8	9		

Yesterday's Sudoku

Sharability

easy — hard

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HOCKEY
HELPERS
HELPING KIDS GET IN THE GAME

HELPING KIDS GET IN THE GAME!

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P.K. SUBBAN
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and Hyundai Hockey Helper

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